

ANTHROPOMETRIC EVALUATION

- ✓ Body and weight measurement are mandatory once a week.
- ✓ Measurements should always be done with the same tool (scale, tape measure), by the same person and at the same time.
- ✓ The ideal time to take the measurements is after waking up, going to the toilet, before breakfast and without clothes on. Write down your result in the measurement table available at: uk.fmworld.com/FIT6. You will be able to compare your weekly results.
- ✓ It is forbidden to check the scale daily. Misinterpretation of results leads to demotivation and stress, which can result in starvation or giving up.
- ✓ The body measurement must be collected by someone other than the FIT6 Programme participant.
- ✓ While taking the measurements you should be standing still, relax your abdomen, arms hanging alongside the body, with palms facing inwards, head straight, and feet together.

Biceps:

The measurement is done on the predominant arm (right handed will measure on the right arm, a left-handed will measure on the left arm). The arms relaxed and hanging alongside the body when hands turned inwards. The measurement is made in the widest part between the elbow and the shoulder.

Chest:

Place the tape measure on the widest side of the chest (women on bosom), flat, parallel to the floor. The reading is always at the end of the respiratory cycle, i.e. at the end of a normal expiration and without the tape measure exerting any compression on the skin but adjusted.

Waist:

Place the tape measure two fingers above the navel, flat, parallel to the floor. This is the place where our natural waistline is. The reading is always at the end of the respiratory cycle, i.e. at the end of a normal expiration and without the tape measure exerting any compression on the skin but adjusted.

Stomach:

Place the tape measure two fingers below the navel, flat, parallel to the floor. The reading is always at the end of the respiratory cycle, i.e. at the end of a normal expiration and without the tape measure exerting any compression on the skin but adjusted.

Thigh:

Place the tape measure on the widest side of the gluteus, parallel to the floor. The tape measure cannot exert any compression on the skin but has to be adjusted.

- ✓ It is mandatory to take one photo (or several: front / back / side) before starting the Programme and repeat monthly, for visual comparison.
- ✓ Optional: You can send these photos to FM WORLD UK with the respective authorisation of publication signed for the purpose of publication in social media. The photos will be selected by the FIT6 Programme managers.
- ✓ Keep a food diary. This is extremely important, as it is the best strategy for self-control. When we write everything down what we eat throughout the day we get a clearer idea of what we are doing and we have more responsibility and commitment to the diet.

